



Week 7: Types of Walking



Interval Training

There are many benefits to varying your walking routine. The main reason most people fail to maintain a walking program is boredom. This can be easily remedied by adding different types of walking to your workouts. One of the best ways to step up your workouts is through interval training. This means you will speed up your pace for a minute or two and then return to your original pace. It is really not as complicated as it sounds. If you are feeling adventurous try incorporating short bursts of jogging into your brisk walks. If jogging is not for you simply increase your normal pace for a few minutes. Use landmarks to determine how long you will maintain your faster gait. Alternating between higher and lower intensities helps improve your endurance, your cardiovascular strength, and can greatly improve your metabolic rate. Interval training is a great way to burn more calories well at the same time fighting off boredom.

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min

Visit [_www.inshape.in.gov](http://www.inshape.in.gov) for more online advice from First Lady Cheri Daniels.

What Should I Eat?

Before, After and During your Workout Nutrition

Foods That Hydrate

Do you know which foods have the highest water content? If you do, then staying hydrated is much easier, because 20% of your daily total water needs are met through foods. (The other 80% comes from all beverages - milk, juice, water, soft drinks, coffee, tea and sports drinks.)



Summertime Foods

Nearly all foods contain some water, but fruits, vegetables, soups and yogurt contain the highest amount. And good news for the approaching summertime - many of our favorite seasonal foods are very high in water: watermelon, tomatoes, corn on the cob and popsicles.

Food	% Water By Weight
Lettuce	95
Tomatoes	95
Cucumbers	95
Watermelon	94
Gazpacho Soup	94
Zucchini & Squash	94
Strawberries	91
Broccoli	89
Grapefruit	89
Yogurt	85
Popsicles	80
Potato Salad	75
Corn on the Cob	74
Baked Beans	65
Vanilla Ice Cream	61
Rhubarb Crisp	49
Cherry Pie	46
Salmon (all meat, poultry, fish)	63 - 65
Hamburger Bun (all bread)	39
Dried Cherries	15
All Nuts	3 - 5
Vegetable Oil (all types)	0

Tips for Hydrating in the Heat

- ❏ If you're walking outside in the heat and humidity, make sure you know exactly how much extra fluid you need to stay hydrated. Check the [hydration calculator](#) for your specific needs.
- ❏ Choose sugar free, lower calorie versions of popsicles and frozen fruit bars to up the water content.

The Community Corner

The American Lung Association of Indiana: Lungs in Motion Walk/Run

When: Friday, May 30th @ 6pm

Where: Indianapolis, White River State Park

What: A motivational rally, a 5K walk/non-competitive run along the canal, and an after party at White River State Park consisting of a summer concert, food and family friendly entertainment.

[Click here to register, view teams or donate.](#)

IRC Open House "Tennis across America Event"

When: Saturday, May 31st (Rain or Shine) 2:00pm - 3:30pm

Where: Indianapolis Racquet Club - 8249 Dean Rd.

RSVP: Call IRC @ 317.849.2531 to sign up. *Tennis shoes required - demo racquets available for use on court. Advance registration is required for the free lessons.* **Free!** [Click for Details](#)

South Bend Marathon/Half Marathon/Fitness Walk

When: Saturday, May 31st

What: Marathon @ 6am, 5K Run @ 7:15am, 1/2 Marathon @ 7:30am, 10K Run @ 7:45am, 5K Fitness Walk @ 9am [Click for Details](#)

BGI's 25-Mile Challenge

In honor of National Bike Month and BGI's 25 years in business, BGI encourages everyone to bike (at least) 25 miles in May. If you conquer the 25-Mile Challenge, you'll have the chance to be rewarded with cool cycling gear (determined by random drawing of all participants).

Deadline: June 1st [Click for Details](#)

INShape In Historic Indiana Events

The Department of Natural Resources Division of Historic Preservation is sponsoring a series of statewide walks and other events highlighting Indiana historical landmarks throughout the month of May. Please [click here](#) for a calendar of events.

NAMI Indiana Walks for the Mind

When: Saturday, June 7th: check-in @ 9am, walk @ 10am

Where: Indianapolis @ Major Taylor Velodrome 3649 Cold Spring Rd.

Contact: Joanne Abbott jabbott@nami.org, 317.925.9399 or 800.677.6442 [Click for Details](#)

Help raise awareness of mental illness and funds for NAMI IN Programs. **Free!**

4th Annual Mount Vernon Kiwanis 5K Run/Walk

When: Saturday, June 7th @ 8am, registration @ 7am

Where: Corner of Main and Water Streets

Contact: Dennis Moore @ 812.838.4886 *Trophies, awards, random drawings for cash prizes and more! Mt. Vernon is located in southwest Indiana where the Wabash and Ohio Rivers*

meet.

Take Steps for Crohn's & Colitis

When: Saturday, June 7th @ 5pm - registration & 7pm program begins

Where: Indianapolis @ Celebration Plaza at White River State Park. For more information, or to form a team, please email Dawn Drinkut ddrinkut@ccfa.org. We are also available to answer questions and other inquiries @ 317.259.8071 or 800.332.6029

[Click for details](#) and [Register](#) for Indianapolis today to *Take Steps and Be Heard in 2008!*

Area IV Agency 22nd Annual Senior Games

20 Different Recreational Events for those age 55 and older (medals awarded!)

When: June 9th - 13th

Where: Various Locations throughout Greater Lafayette and the surrounding area. Square Dancing and Skee Ball have been added for this year. Senior Games is for individuals age 55 and over who live in Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White Counties.

[Click for Details](#) or Call the Senior Games Hotline 765.447.7683 / 800.382.7556